Pop culture references are the nervous laughter of these turbulent times

See Trump as Lord Voldemort
metroVIEWS

Ottawa metro

Love factually

Thought this was the 'hookup generation'? Think again
metroLIFE

Your essential daily news | THURSDAY, FEBRUARY 9, 2017

High -11°C/Low -19°C Partly cloudy

A CITY ON THE GROW

Good news: Our population growth is outpacing the national average.
Bad news: We've fallen to 5th in the country, behind Calgary metroNEWS

ISTOCK

Phoenix rising from ashes (this spring)

GOVERNMENT PAY SYSTEM

Parental- and disability-leave cases getting top priority

Ryan Tumilty
Metro | Ottawa

The federal government is promising that the Phoenix pay system will have gotten beyond some of its many problems within a few months.

Other problems could persist until summer. At an update on Wednesday, Marie Lemay, deputy minister of Public Services and Procurement, unveiled a new online portal that displays the system's pending transactions.

The government has set a standard of 20 days to process parental- and disability-leave cases, but is only hitting that target 22 per cent of the time. Lemay promised that that rate will be at 95 per cent by the end of March for parental-leave cases, and by the end of April for disability payments.

She said that the department's having cleared a prior backlog has freed up resources that can be devoted to helping expedite those payments.

Deputy Minister of Public Works and Government Services Marie Lemay THE CANADIAN PRESS

The department is also looking at more automation. Currently, acting-assignment pay problems are meeting the turnaround standard (30 days) only seven per cent of the time. Lemay said the department is developing an automated solution.

Lemay also announced the hiring of a third-party contractor, which will audit the system and suggest improvements. She said the government has focused too much on the system itself and not enough on how people interact with it.

"We focused on the technology working, not on working with the technology," she said.

"Our objective is to ensure that all parts of the pay system are working accurately from end to end."

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metro NEWS

Your essential daily news

"Nevertheless, she persisted" a rallying feminist cry in support of silenced Sen. Elizabeth Warren. **World**

2016 CANADIAN CENSUS

Capital gains in core, suburbs

POPULATION

Region's growth faster than national mark; trails Calgary

Adam Kveton
For Metro | Ottawa

Ottawa-Gatineau's population continued to grow at a faster rate than the national average between 2011 and last year.

But not fast enough to remain Canada's fourth most populous metropolitan area.

New Statistics Canada population data from the 2016 census shows Calgary has bumped us to fifth on that list.

But when it comes to rate of growth, the race isn't even close.

Over the five-year period, Ottawa-Gatineau's population grew by 5.5 per cent, the 15th highest growth rate in the country (Calgary was tops on that list, having grown by 14.6 per cent).

Ottawa proper, which grew by 8.8 per cent during the previous census period, grew by 5.8 per cent this time, eclipsing Ottawa-Gatineau's growth rate by 0.3 per cent.

"When we look at other sources of information than the census, we see that there are two main reasons," said André Lebel, senior analyst with Statistics Canada. "A drop in the level of immigration, and also lower gain from migrants from other parts of the country, and also from Ontario as well."

Ottawa's population is now more than 934,000, up from about 883,400 in 2011.

In general, populations are increasing in the downtown core and in the suburbs and outskirts; decreasing in the in-between areas.

This is a trend that analysts are seeing in cities across Canada, Lebel said.

He attributes it to urban sprawl and an increase in high-density residential developments downtown.

Mayor Jim Watson said growth in the suburbs is no surprise to him. "Every time I go into an area like Barrhaven, Riverside South, Stittsville, parts of Orleans, a new subdivision has popped up," he said. "There is tremendous growth in our suburbs, that's why we're working very hard to move LRT farther and faster eastward, west and south."

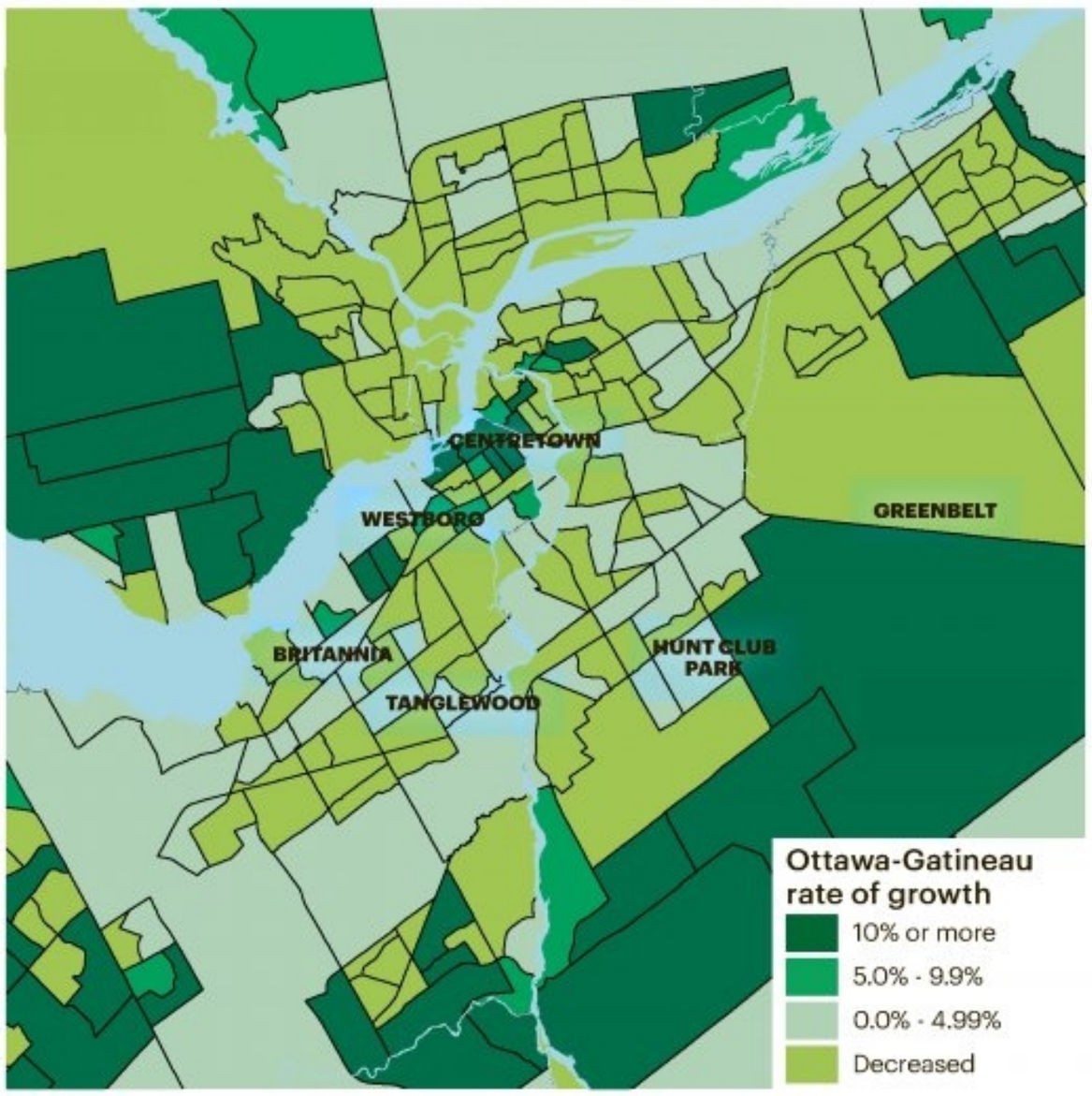
"We think we have a good plan of managed growth."

Areas just outside of Ottawa are showing much greater population growth by percentage. Russell township saw an 8.3 per cent increase in its population, along with 9.1 per cent in North Grenville.

> **We think we have a good plan of managed growth.**
> Mayor Jim Watson

MAPPED | Ottawa-Gatineau rate of growth

The map tracking population growth rates looks something like a target — concentric bands showing strong population increases in Ottawa's core, suburbs and outskirts, with many of the decreases occurring in between.



OTTAWA'S CENSUS TAKEAWAYS

MAYOR'S REACTION

"There is tremendous growth in our suburbs, that's why we're working very hard to move LRT farther and faster eastward, west and south."

OLDER 'HOODS ARE STAGNATING

Little Italy, part of the Glebe, Sandy Hill, Centrepointe and Lincoln Heights — all have seen a loss of population, said Rick Eisert, president of the Ottawa Real Estate Board. "They are areas that are older, where the zoning doesn't allow for redevelopment."

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LeBreton library a go

URBAN PLANNING

Present central branch to be sold to raise funds for it

Haley Ritchie
Metro | Ottawa

Ottawa city council has made its final choice for the new central library's location, approving the site at LeBreton flats, with one dissenting vote and one abstaining.

Wednesday's decision will mean city staff will begin the process of selling off the current branch of the library, at Laurier and Metcalfe. Money from the sale will help fund the $168-million project.

Coun. Tim Tierney, chair of the library board, ended the meeting on a victorious note.

"After 20 years of dithering, we finally have a solid, workable plan, the support of our mayor and the unparalleled opportunity to partner with Library and Archives Canada," he said.

"What I've been hearing from the people is get on with it, and we want to see what this library could look like in the future.

"We're moving forward on something iconic to this city."

Mayor Jim Watson said he was looking forward to the next phase of the project: finding an architect and designing the 133,000-square-foot landmark building.

Coun. Catherine McKenney, who had been very vocal in her criticism of the Lebreton Flats location, 557 Wellington St., said the loss of the current central branch will create a "hole" in the Centretown community.

"This will be a loss of a branch library in the densest part of the city, where walking is the dominant mode of travel and 81 per cent of current main branch users walk to the library," she said.

Coun. Catherine McKenney was a dissenting vote, saying the loss of the current central library will create a hole in Centretown. METRO FILE

City staff have been directed to create a transition plan that will ensure downtown residents still have convenient access to the system.

Rideau-Rockcliffe Coun. Tobi Nussbaum criticized the location for focusing on westward expansion instead of the current core. He left council chambers during the vote in order to abstain.

Ottawa DIGEST

BASELINE ROAD

Council OKs transit plan

City council has approved a $148-million improvement project that would transform the Baseline Road transit route, widening the road to six lanes, with dedicated bus lanes in the centre.

The design is expected to make trips for both cars and buses more efficient.

The project (to begin in 2020) will cover a 14-kilometre stretch of road between Heron Transitway station and Baseline station near Algonquin College.

HALEY RYAN/METRO

FRAUD

Man accused of snow job

Ottawa Police have charged a man with fraud, accusing him of signing up snow-removal clients, but failing to clear any snow away. They also allege he used aliases, emails that expired and fake phone numbers.

Ryley Saumure, owner and operator of Boxer Snow Removal, is charged with fraud over $5,000, possession of proceeds of crime and laundering the proceeds of crime.

RYAN TUMILTY/METRO

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2016 CANADIAN CENSUS

Census data shows cities need

David Hains
Metro | Toronto

Canada's cities continue to be hotbeds for growth.

Census data released Wednesday confirms what mayors in major Canadian municipalities have been hammering home: Cities need more money to support the boom.

"The challenge is how do we make room for all these people," University of Toronto urban planning professor Matti Siemiatycki told Metro. "We need infrastructure investment that supports our urban quality of life."

Members of the Big City Mayors' Caucus highlighted infrastructure challenges in a late January meeting in Ottawa. Their priority recommendations for the next federal budget included transit and affordable housing, which are common issues across Canadian cities.

But less visible issues like water infrastructure, sewage capacity and the electric grid also need attention, Siemiatycki said.

The census data shows that Canadian cities are growing in two significant ways, Siemiatycki said. Downtown cores grew as highrises continue to be built. At the same time, suburban commuter communities also got larger as Canadians sought affordable housing.

Western cities led the way, with Calgary, Edmonton, and Saskatoon showing double-digit population growth compared to the last census in 2011.

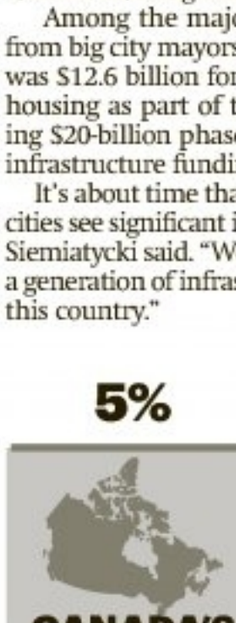
Overall, Canada's population increased 5 per cent over the past five years with more than one third of people now living in the Toronto, Montreal and Vancouver metropolitan areas.

Atlantic Canada grew less than the national average, with Halifax growing at 3.3 per cent. St. John, New Brunswick was the only major city to see a population decline, with 2.2 per cent fewer people compared to 2011.

In 2015, the federal government promised $186 billion in infrastructure spending, with priorities on transit, trade and transportation, green initiatives, and social infrastructure like affordable housing and child care.

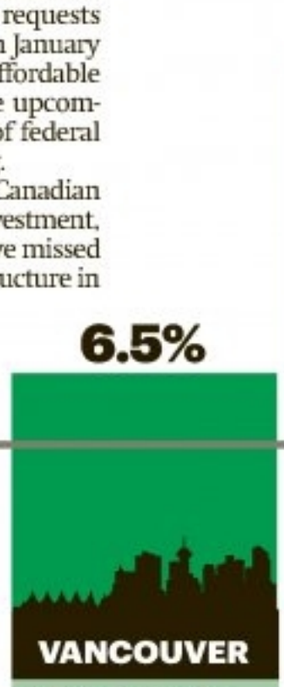
Among the major requests from big city mayors in January was $12.6 billion for affordable housing as part of the upcoming $20-billion phase of federal infrastructure funding.

It's about time that Canadian cities see significant investment, Siemiatycki said. "We've missed a generation of infrastructure in this country."



CANADA'S NUMBERS

- **Population in 2016:** 35,151,728
- **Population in 2011:** 33,476,688
- **Population increase:** 5 per cent



VANCOUVER

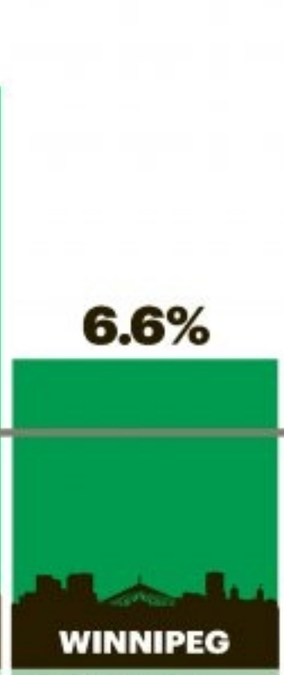
- **Population in 2016:** 2,463,431
- Vancouver is the most dense city in the country

CALGARY

- **Population in 2016:** 1,392,609
- Surpassed Ottawa to become the fourth largest metropolitan area

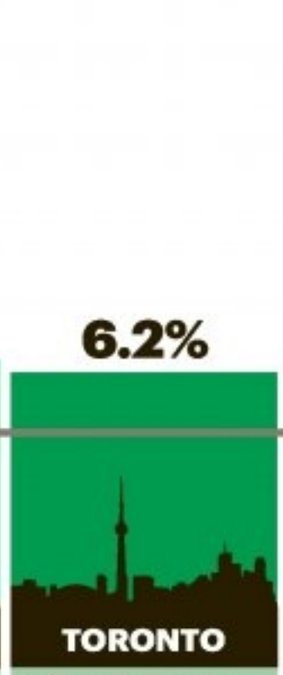
EDMONTON

- **Population in 2016:** 1,321,426
- The city could surpass Ottawa for fifth place in the next census



WINNIPEG

- **Population in 2016:** 778,489
- Manitoba's growth rate is higher than the national average for the first time in 80 years



TORONTO

- **Population in 2016:** 5,928,040
- Commuter cities (eg. Milton and Collingwood) are the fastest growing in Canada

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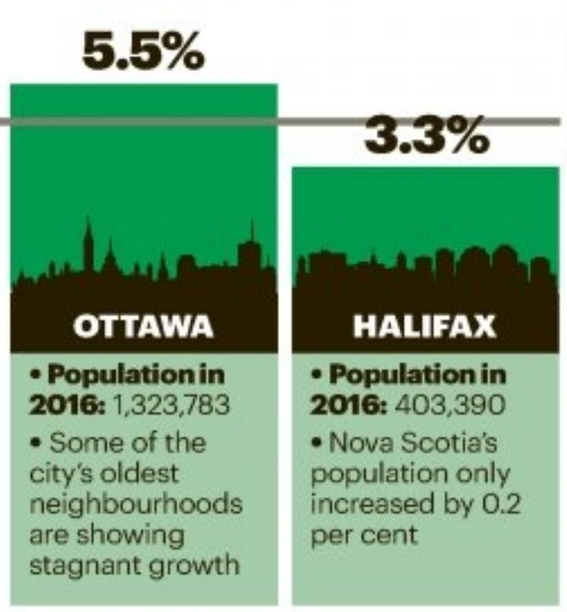
WHAT THE DATA SAYS: The census is telling us that Canadian cities are growing in two significant ways: Downtown cores are growing as highrises continue to be built, while suburban communities are getting larger as many seek affordable housing.


5.5%
3.3%
OTTAWA
• Population in 2016: 1,323,783
• Some of the city's oldest neighbourhoods are showing stagnant growth
HALIFAX
• Population in 2016: 403,390
• Nova Scotia's population only increased by 0.2 per cent

Data at a Glance

1. Data was collected in 2016, with many Canadians celebrating the return of the long-form census
2. The data is being released in seven stages, with Wednesday's representing population and dwellings.
3. In May, Statistics Canada will release data on age and sex, to be followed in August by household and marital status data.
4. The data will assist decision-making across all levels of government and provide sociologists, demographers, urban planners and businesses with information. METRO AND THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 9

ALLAN GARDENS, TORONTO

ONE OF MY FAVOURITE PLACES TO VISIT IS THE ALLAN GARDENS CONSERVATORY. WITH A TOTAL OF SIX GREENHOUSES, IT IS A VERITABLE OASIS IN THE CITY CENTRE. THE TWO TROPICAL HOUSES HAVE EXOTIC PLANTS THAT BLOOM ALL YEAR ROUND. **NORA AXBEY**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

POLITICS

U.S. not safe for refugees: Harvard report

A growing chorus of legal experts on both sides of the border is calling on Ottawa to suspend a bilateral pact that bans asylum seekers from crossing the border for protection, warning the U.S. is unsafe for refugees.

A Harvard University Law School review is the latest to warn about the negative effect of U.S. President Donald Trump's executive orders on refugees, and is urging Prime Minister Justin Trudeau to reconsider the Safe Third Country Agreement.

The report, released Wednesday by Harvard's immigration and refugee clinical program, comes on the heels of the arrival of 22 asylum seekers from North Dakota, including a child and a baby, caught walking in thick snow across an unguarded border into Manitoba last weekend.

It also echoed the recent calls on Canada by refugee advocates, immigration lawyers and academics to suspend the treaty.

"The new policies allow any state and local enforcement official, not just trained federal agents, to pick people up on mere suspicion, detain them in any remote location, subject them to an expedited removal process, where many if not most will be unable to express their fear of return and be screened," said Deborah Anker, head of the Harvard program. "We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water."

In the House of Commons on Wednesday, Trudeau said he was "very concerned" about asylum seekers attempting to reach Canada on foot, but refused to answer if the government would remove the safe country designation of the U.S.

"We are a country of immigrants, and Canadians have always acted with compassion (toward) those seeking safety," Trudeau said. "We will continue to welcome people in need of protection." TORSTAR NEWS SERVICE

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Silencing of senator only raises her status

POLITICS

Warren's odd rebuke takes on overtones of race, gender

The turbulent debate in the U.S. over race, gender and free speech consumed the normally staid Senate on Wednesday after the GOP majority voted to silence Sen. Elizabeth Warren, abruptly elevating her celebrity status at a moment when liberals are hungry for a leader to take on Donald Trump.

The highly unusual rebuke of the Massachusetts Democrat came as the Senate weighed President Trump's nominee for attorney general, GOP Sen. Jeff Sessions of Alabama, who seemed headed toward a nearly party-line confirmation Wednesday evening. It also gave frustrated Democrats a rallying cry weeks into a presidency that is dividing the country like few before.

Sen. Elizabeth Warren reacts to being rebuked by the Senate in Washington on Wednesday. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

"I certainly hope that this anti-free-speech attitude is not travelling down Pennsylvania Avenue to our great chamber," Senate Minority Leader Chuck Schumer of New York warned.

The debate immediately took on overtones of race and gender. Warren was rebuked as she was reading a letter by Martin Luther King Jr.'s widow, Coretta Scott King, opposing Sessions' ultimately unsuccessful nomination to a federal judgeship in 1986.

Warren was chastised under a little-used Senate regulation, Rule 19, which bars any senator from impugning the motives of any other.

Several male Democratic senators stood up and read from the same letter but without drawing objections, leading Democratic activists to proclaim that Senate Republicans were interested only in silencing a woman.

Democrats challenged Majority Leader Mitch McConnell's ruling, but the GOP voted to uphold it, barring Warren from speaking on the floor throughout the remainder of the debate over Sessions.

"She was given an explanation. Nevertheless, she persisted," McConnell said in words that sparked still more liberal outrage and Twitter hashtags. Hillary Clinton referenced McConnell's comment about Warren persisting, adding in a Tweet: "So must we all."

In the aftermath Democrats expressed outrage that Warren had been silenced while quoting from the words of a civil rights hero, as a party that's struggled over the best way to challenge Trump found something all could agree on. THE ASSOCIATED PRESS

IMMIGRATION

Muslim ban now in hands of judges

A federal appeals court will decide whether to reinstate President Donald Trump's travel ban after a contentious hearing in which the judges hammered away at the administration's motivations for the ban, but also directed pointed questions to an attorney for two states trying to overturn it.

It was unclear which way the three judges of the San Francisco-based 9th Circuit Court of Appeals would rule, though legal experts said the states appeared to have the edge.

Trump tweeted early Wednesday: "If the U.S. does not win this case as it so obviously should, we can never have the security and safety to which we are entitled. Politics!"

The appeals court challenged the administration's claim that the ban was motivated by terrorism fears, but it also questioned the argument of an attorney challenging the executive order on grounds that it targeted Muslims. THE ASSOCIATED PRESS

SPACE

NASA mission to go around moon

The European Space Agency says it will contribute key components for a future NASA mission to take humans around the moon within the next few years.

Astronauts haven't gone beyond a low orbit around Earth since 1972, when NASA ended its Apollo program.

The European Space Agency and aerospace company Airbus have already delivered a propulsion and supply module for an unmanned flight of NASA's new Orion spacecraft next year.

The agency said Wednesday that it and Airbus have now agreed with NASA to build a module for a second, manned mission that will fly around the moon as early as 2021. THE ASSOCIATED PRESS

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CHANTAL HÉBERT ON THE CENSUS

Flirting with anti-immigration sentiment may be a winning formula within parties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada

The population of every province west of Ontario is growing at a faster rate than the national average. The reverse is true of the five provinces east of Ontario. In the case of Atlantic Canada, the demographic shortfall is acute. New Brunswick's population shrank between 2011 and 2016 and the population of Nova Scotia's increased by a mere fraction of a percentage point.

The region is in the eye of a perfect storm. Its population is aging; it is losing people to more prosperous provinces; it does not attract nearly enough immigrants to make up the difference. This is not a trend that will be reversed overnight, if ever. It is not happening in isolation from the country's federal dynamics.

For the first time this year, the tradition of giving one of the nine seats on the Supreme Court to a judge from Atlantic Canada was called into question. It will not be the last time. The region is down to less than 10 per cent of the seats in the House of Commons. That proportion will continue to diminish as new seats are added to reflect demographic growth elsewhere in the country.

Going forward there might be a temptation to fight Atlantic Canada's battles in the Senate, the house of Parliament where its weight is artificially maintained. With less than seven per cent of the population, the region is guaranteed 24 seats in the upper house. Ditto for the West, whose four provinces are now home to one in three Canadians. A makeup that so distorts the demographics of modern Canada does little to enhance the moral legitimacy of the unelected Senate to act as a chamber of sober second thought.

There is no turning back the clock on the country's diversity.

That is not the only politically related takeaway from the 2016 census numbers released on Wednesday.

Over the past five years immigration has accounted for two-thirds of Canada's population growth. Based on current trends, it will account for 80 per cent in less than 20 years. It will be hard for a political party to win government without policies and a lineup that reflect the country's diversity.

Flirting with anti-immigration sentiment may be a winning formula within parties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada. There is no turning back the clock on the country's diversity.

DRAWING A NEW MAP Federal parties must adapt tactics as country changes, Chantal Hébert writes. RYAN TUMILTY / METRO

That is particularly if not exclusively true for Quebec's nationalist opposition parties. The failure to make inroads in the allophone communities that account for most of the province's demographic growth could give the Liberal party a quasi-permanent lease on power. That failure — compounded by a decade of tone-deaf politics on the issue of religious accommodation — dooms any hope the Parti Québécois might have of holding a winning referendum on Quebec independence.

As long as the allophone vote was concentrated on the island of Montreal, a Quebec party could realistically hope to win an election without reaching out to newer Quebecers. But now the mix of suburban Quebec, which holds the key to electoral success, is changing.

Quebec's population has grown at a slower rate than the Canadian average for four decades. At three per cent, it is still at a relatively healthy level. Quebec is home to almost twice as many people as British Columbia. It is not about to lose its place as Canada's second-most-populous province. Nor, for that matter, is Ontario's demographic edge on its sister provinces about to disappear. Central Canada will continue to be the federation's political powerhouse.

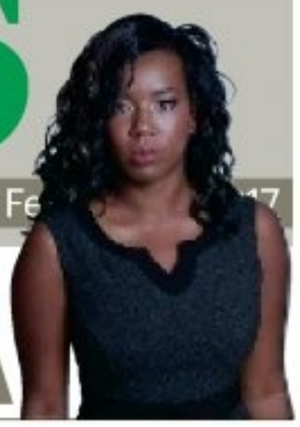
That being said, only a steady influx of immigrants stands between Quebec and the anemic demographic growth of the Atlantic region. The province's future as a French-speaking society rests on its success at keeping and integrating those immigrants into its mainstream.

Quebec's collective preoccupation with ensuring that French endures and thrives on the North American landscape will continue to distinguish the province's politics from those in the rest of the country.

But on just about everything else the issues that matter to an increasingly urban increasingly diverse Quebec are more similar to those that preoccupy the majority of voters in Ontario and in Western Canada than at any other time in the federation's modern history.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

VICKY MOCHAMA



Politics needs pop culture references now more than ever

In the days, weeks and months since Donald Trump was elected U.S. president, those who wanted a president well-versed in the constitution have been doling out blame and shame.

In all this, there is one group being unfairly targeted for blame: pop culture nerds.

People have taken to comparing the outcome of the American election and early days of the Trump administration to everything from Star Wars to The Hunger Games to Harry Potter.

But for every tweet suggesting Trump has all the tact of the Whomping Willow, there's another saying, "Stop making Harry Potter references. This is real life."

As if readers of Harry Potter have walked the halls of their schools, or faced the drudging misery of going to work everyday and thought, "Yes, this feels exactly like being at Hogwarts, a magical school on a hill full of wizards and wands."

Now that's unlikely.

Pop culture references are the nervous laughter of these turbulent times.

Remember when then-candidate Trump dropped the word "bigly" during a debate and we all chuckled while thinking, "Oh good good, he's making up words and he might be in charge of nuclear weapons."

In the face of a tumultuous future, pop culture creates comforting distance.

The people to chastise are not the ones who have read books or watched movies about fascism and concluded that they are analogous to this moment.

If anything, those people should be applauded for basic reading comprehension.

It is the people who misunderstand books — Qur'an critics who cherry-pick violent passages to paint a broad swath of people as savage; bible fanatics who use the Good Book to advocate for Bad Things; and those misguided souls who feel Dr. Seuss' How the Grinch Stole Christmas is really all about the trickery of the Easter Bunny — who are a problem.

Interpreting culture can be dangerous. Everyone imagines fighting alongside Luke Skywalker for the Rebel Alliance, but few identify with Darth Vader's Stormtroopers.

As resistance to Trumpism builds, a demand for intellectual gravitas will exclude more people than it will include. Recognizing the danger ahead cannot solely be left to the historians and political analysts.

So: Is Donald Trump like Lord Voldemort? Of course not. Donald Trump is terrifyingly real. The lesson, however, is worth taking.

A generation of North Americans who have lived in relative safety are finding in pop culture an entry point for understanding the horrors of authoritarianism — and finding heroes, too.

That is a blessing, not an unforgivable curse.

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metro LIFE

Your essential daily news

Thursday, February 9, 2017

Love factually

Ahead of Valentine's Day, Metro looks at sex and romance in the casual age

As technology and society get in the way, the 'hookup generation' is proving to be anything but — with more virgins than in older age groups

No sex please... we're millennials

A 2014 study found that about 15 per cent of American 20-24 year olds have never had penetrative sex, a jump from 6 per cent in their parents' day. ISTOCK

Genna Buck
Metro | Toronto

Anna is a 23-year-old content specialist who's never had sex. She works from home for a Toronto start-up. She's attracted to men, but doesn't get to meet many. She's dipped her toes into the world of dating apps and OK Cupid, with some success.

While she's pretty confident she won't be a virgin much longer, Anna struggles with whether to be upfront about her status on something like Tinder, where many are looking for a quick hookup. But research shows Anna is not unusual at all.

Ryne Sherman and his colleagues set off a media storm when they published research in 2014 showing millennials in their 20s and 30s — the so-called "hookup generation" — are anything but.

Compared to GenXers and boomers, millennials have fewer sexual partners and have sex less often, Sherman said. About 15 per cent of American 20 to 24-year-olds have never had penetrative sex at all. In their parents' day, that number was just six per cent. (The research in this area is still very heteronormative — the survey just refers to "sex" without specifying).

Researchers floated a few possible reasons for the trend: It's a hangover from fear-based sex-ed of the '90s; It's part of a trend towards less risk taking — today's young people do drugs less, drink less, and use condoms more than their parents did. Economic trends have landed many millennials at their parents' place, not the most conducive environment for sexytimes.

But there's more to it than that. After the study was published, the mail poured in.

"We were hit with a bunch of stories like 'I'm 23 and a virgin. I don't have time for sex, I'm committed to my career,' especially from women," Sherman said.

Then there's another overlooked factor: The decline of the meet-cute. At least in person.

"I'm open to sleeping with someone, I just want to know them for maybe a month," Anna said. "I don't want to engage until I feel ready."

Jessica*, 33, deals with the same problem. "Who would ever want to have sex with a girl in her 30s who's still a virgin!? Must be something wrong with her."

All Jessica's relationship experience is virtual. In her teens and 20s, she spent a lot of time on the Internet, interacting with people from all over the world. "I loved it ... but it also kept me away from real social experiences," she said.

Many of the virgins Metro spoke to went through some kind of struggle in their young adulthood with their sexuality or sexual orientation. Anna has a pervasive phobia of getting pregnant. Another woman tried penetrative sex and found it unbearably painful. A third had come to realize her sexual orientation was somewhere on the asexual spectrum.

One 24-year-old man said, "Simply put, the women I like don't like me back, so I've never been on a date. I don't have the confidence for one-night stands, and it doesn't interest me anyways because the romantic aspect is really appealing to me."

But several said they just hadn't met someone they wanted to have sex with who also wanted to have sex with them, and didn't feel an urgent desire to be partnered up — a possible side effect of a society that is embracing the philosophy of "you do you."

Though people who have what researchers call "a late sexual debut" are at a higher risk of sexual function problems that those who lose their V-card at an average age, most do eventually have sex. "Biology is pretty powerful," Sherman said. "We all came from a long line of people who were interested in having sex at least once."

** Names have been changed*

RELATIONSHIP VIRGINS

Today's climate — with new dates and hook-ups to be found, and banished, at the touch of a button — has produced another kind of virgin: The relationship virgin. Everybody knows one: a person who has had sex, but never settled down. Jason Brown, 35, is that kind of virgin. Dating apps and websites strike him as superficial and fake. He says the worst part of long-term singleness is the pressure from friends and family.

"I depend on myself for everything. And at times it would be really nice if I had a teammate, he said. "But if I can't, I've proven that I'm more than capable of surviving."

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Relationship status: it's very complicated

TERMINOLOGY

Why 'hanging out' leaves us hanging for a real definition

Professional matchmaker Sofi Papamarko. CONTRIBUTED

One of Metro's editors recently made a big mistake. She referred to her nephew and the woman he's seeing as "dating." No, he corrected her fiercely. They've been on dates. They're not dating.

It seems like those two things should be synonymous, but in modern parlance, they're not. We enlisted professional matchmaker Sofi Papamarko to explain the dizzying array of dating terms.

The way people define the stages of relationships has changed a great deal, even in just the past couple of years.

As recently as the 1990s, "If two people had gone out to the movies a couple of times, they were 'going out'" exclusively, Papamarko said; the same status their baby-boomer parents would have called "going steady."

But nobody says, "going steady" with a straight face anymore.

Couples go through an increasingly common, and growing, limbo stage of dating/not-dating at the beginning of their relationship, especially if they meet on an app or website.

"Nowadays, 'dating' means exclusivity and exclusivity is … a lot more hard won," Papamarko said.

"You can be seeing a lot of someone for months and if someone asks you if you're dating, vehemently deny it and say you're just hanging out."

"Hanging out" is what unofficial, not non-exclusive dating is called, Papamarko explained. Until the dreaded "what are we" talk, you're free to explore other options and assume your partner can do the same. This trend has affected how Papamarko advises singles who are looking for love.

"I tell my clients that a couple of great dates does not a relationship make."

GENNA BUCK/METRO

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metro HOME

Your essential daily news

Oscar winner Sandra Bullock is renting her Sunset Strip home for $15,000 US a month

Green roofs near the Ottawa River

CONTRIBUTED

Project overview

The Claridge Fusion complex at LeBreton Flats is made up of two condominium wings and a collection of stacked boutique townhomes. The design merges these three distinct buildings with a sleek, modern-looking result. All home styles are registered and ready for immediate occupancy.

Housing amenities

Every unit includes stainless steel appliances, hardwood flooring and large windows. Each suite includes a storage locker. Indoor parking spaces are available for $30,000. Green "vegetated" roofs help insulate the building, while heat-recovery and high-efficiency HVAC systems save energy. Residents have access to a party room, gym, pool and rooftop patio.

Location and transit

Lebreton Flats its close to almost all major public transit routes entering the core or heading to the west end and Gatineau. Residents can access both the Sir John A. MacDonald Parkway and Highway 417 within minutes. The area is also ideal for walkers and cyclists, with a network of trails along the Ottawa river and throughout the city.

In the neighbourhood

Lebreton Flats is near the centre of Ottawa, which houses the Canadian War Museum, RBC Ottawa Bluesfest and other annual events. The Ottawa River is next door, as is the Rideau Canal and Parliament Hill. Numerous amenities such as shopping, convenience stores, medical centres, restaurants, cafes and entertainment facilities are all within walking distance. ILANA REIMER/FOR METRO

NEED TO KNOW

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Location: 300 Lett St.
Building: Condominiums and boutique homes
Sizes: 613 to 1,370 square feet
Model: One to three bedrooms, one to three bathrooms
Pricing: Starting at $278,000
Status: Now selling
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metro SPORTS

Former Senators forward Martin Havlat is retiring after putting up 594 points in 790 NHL games over 14 seasons

Phaneuf trade paying off for Sens one year later

NHL

Numbers say his production comes at a steep cost though

When longtime Toronto Maple Leafs captain Dion Phaneuf first joined the Ottawa Senators, his new teammates didn't really know what to think.

Someone they grew to hate was now suddenly clad in their black and red colours, an unlikely teammate following a blockbuster trade from Toronto.

"You didn't even know if it was real or not," Senators winger Mike Hoffman recalled. "But once it set in that yeah OK, it's not a dream, he's actually on our team now it didn't take long at all (for him to fit in)."

Ottawa has seemingly got what it was after in the trade for Phaneuf, which was made a year ago Thursday.

"This trade for us was a bit more than hockey-related for us," Senators general manager Pierre Dorion said in a recent interview. "Dion obviously has brought great leadership to our team, his influence on our younger players — how to be pros, how to approach games — has been a big factor, I think, in what we've done this year and what we're trying to accomplish moving forward."

Ottawa, currently hanging onto the second playoff spot in the Atlantic Division, likes the bite Phaneuf has given them and believes he's capably filled a veteran void near the top of their defence.

They rave about a "tremendous" leadership effect that also won fans over in his time with the Leafs.

Not only that, Dorion says, but Phaneuf keeps the club from having to expose younger, less experienced defencemen to heavier minutes and responsibility. Phaneuf averages almost 23 minutes in all situations for head coach Guy Boucher, his most frequent 5-on-5 opponents up front this year including Alex Ovechkin, Nicklas Backstrom, Ryan O'Reilly and Auston Matthews.

> **When he's on your side you seem to like him even more.**
> Pierre Dorion

"When you play a hard 20-25 minutes, finding those defencemen (who can do that), they don't grow on trees," Dorion said. "For us, for Dion to come in and do what he's done it's been very valuable."

Phaneuf's effectiveness, however, does not quite align with a contract that has four more years remaining with an annual cap hit of $7 million US — tied with reigning Norris trophy winner Drew Doughty for sixth-highest among NHL defencemen this season.

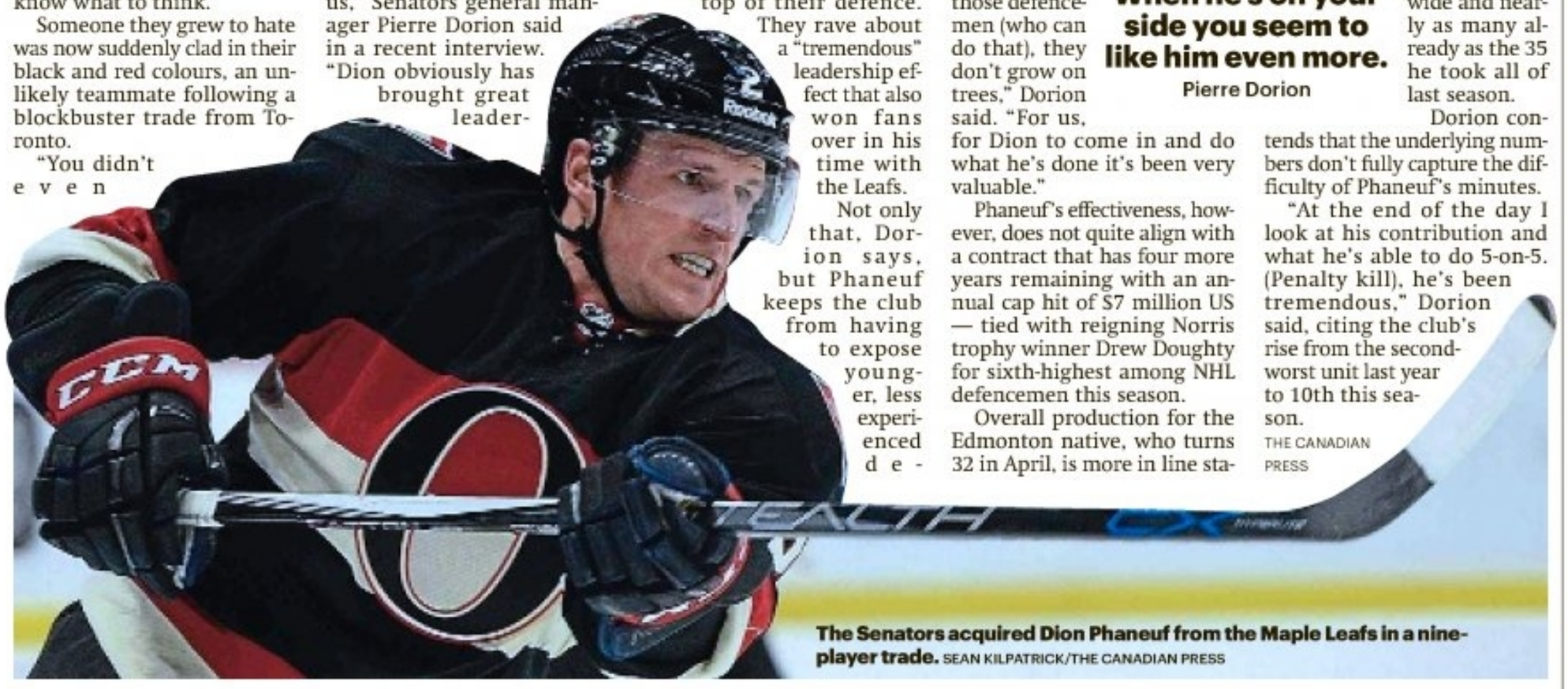
Overall production for the Edmonton native, who turns 32 in April, is more in line statistically with a No. 5-calibre defenceman, according to the hockey analytics website Own The Puck.

Among the weaker puck possession teams in the league, the Senators are outshot even a little more with Phaneuf on the ice. The veteran defender has also taken 29 minor penalties, most at his position leaguewide and nearly as many already as the 35 he took all of last season.

Dorion contends that the underlying numbers don't fully capture the difficulty of Phaneuf's minutes.

"At the end of the day I look at his contribution and what he's able to do 5-on-5. (Penalty kill), he's been tremendous," Dorion said, citing the club's rise from the second-worst unit last year to 10th this season.

THE CANADIAN PRESS



The Senators acquired Dion Phaneuf from the Maple Leafs in a nine-player trade. SEAN KILPATRICK/THE CANADIAN PRESS

REDBLACKS

GM figures he'll be active in free agency

Marcel Desjardins expects he'll have some work to do when the CFL free agency period begins.

The general manager of the Grey Cup-champion Ottawa Redblacks hopes to sign two of his pending free agents before the noon ET deadline Tuesday. However, with 18 others scheduled to hit the open market — after losing three players to NFL teams earlier this off-season — Desjardins figures he'll have some holes to fill.

"My preference would be if we had the majority of our guys back then we'd be minimally involved," Desjardins said Wednesday. "But if we end up losing a number of guys, then, yeah, we'll certainly be trying to fill some voids, for sure."

223

The number of CFL players that were scheduled to become free agents at season's end.

The secondary will definitely be an area of need with the off-season departures of cornerback Mitchell White (Philadelphia Eagles), backup safety Jeff Richards (Carolina Panthers) and defensive back Forrest Hightower (New Orleans). Defensive back Abdul Kanneh is also slated to become a free agent, leaving recently re-signed safety Antoine Pruneau and cornerback Jonathan Rose as the lone holdovers from the unit that started Ottawa's 39-33 overtime Grey Cup win over Calgary in November.

Receivers Ernest Jackson, Chris Williams and Greg Ellingson — all 1,000-yard performers the last two seasons — are also pending free agents.

THE CANADIAN PRESS

Defensive back Abdul Kanneh is slated to become a free agent. TORSTAR NEWS SERVICE

ALPINE SKIING

Guay captures super-G world title

Erik Guay phoned up the mountain to teammate Manuel Osborne-Paradis after laying down a winning time in the super-G at the world alpine ski championship Wednesday.

His scouting report helped put two Canadian men on the world championship podium for the first time in the 44-year history of the biennial event.

At 35, Guay became the oldest skier to win a world alpine title. Osborne-Paradis collected the first world championship medal of his career with a bronze on his 33rd birthday.

Erik Guay GETTY IMAGES

Guay, from Mont-Tremblant, Que., edged Olympic champion Kjetil Jansrud of Norway by 0.45 seconds for the victory.

Osborne-Paradis of Invermere, B.C., finished 0.51 back of his teammate. THE CANADIAN PRESS

IN BRIEF

'The right thing to do': Browns lower ticket prices

Coming off a deplorable 1-15 season, the Cleveland Browns have lowered the price of many tickets.

The Browns said reducing ticket prices "was the right thing to do for our fans."

The Browns said no season ticket prices will increase and that more than 90 per cent of season tickets in the upper bowl will be decreased. Prices will drop from $5 to $15 per game. THE ASSOCIATED PRESS

NFL

Falcons revamping defensive staff

After squandering a 25-point lead in the Super Bowl, the Atlanta Falcons are shaking up their defensive staff.

The team said Wednesday that coach Dan Quinn has dismissed co-ordinator Richard Smith and defensive line coach Bryan Cox, though there's a chance Smith could stay with the Falcons in an advisory role.

47

The Patriots ran 47 more plays than the Falcons in the Super Bowl.

The changes mean the NFC champions will have two new co-ordinators next season. Kyle Shanahan left to become head coach of the San Francisco 49ers and was replaced as offensive co-ordinator by Steve Sarkisian.

Atlanta couldn't protect a 28-3 lead midway through the third quarter of the Super Bowl, losing 34-28 in overtime.

THE ASSOCIATED PRESS

Crunchy Turkey Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner delivers zesty, satisfying turkey with all of crunch and colour of a salad.

Ready in 10 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

3. Check that the turkey has cooked through. Put the mixture in a serving bowl.

4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

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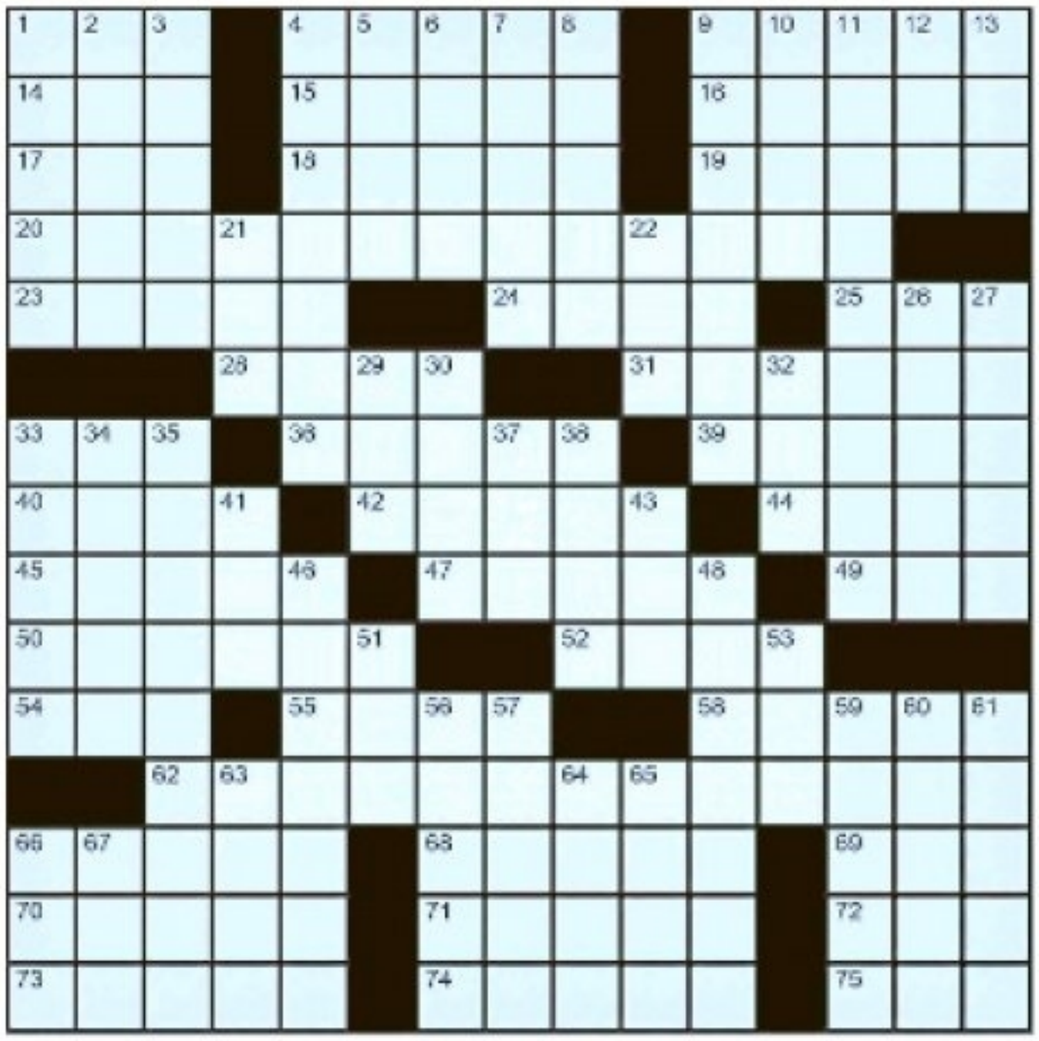
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Phone's 8 letters
4. Highway exits
9. Awestruck
14. News agency, e.g.
15. Manicurist's board
16. Simon of Duran Duran: 2 wds.
17. Mr. Perlman
18. Fancy tongue
19. Dostoyevsky novel, __ and Punishment
20. NWT: Scenically extending from Yellowknife to Tibbitt Lake, Highway 4 as it is commonly known: 2 wds.
23. Food packaging meas.: 2 wds.
24. Charles Dickens books illustrator's nickname
25. 'I' in FWIW
28. Ms. Ward
31. Canadian writer, Yann __ (Author of Life of Pi)
33. Clothe
36. Do a cleanse, informally
39. Heighten
40. Canadian actor Raymond of "Perry Mason"
42. Wristwatch company
44. Puppy's cry
45. Exorbitant
47. Singer/pianist, __ Ray Joel
49. Used the bench
50. Ready-made, as some houses
52. Emulate John Hancock
54. Red Chamber fig.
55. Mountain lion
58. Shakespeare's feet?
62. Song by Canadian band Sheriff that goes "And I never lived for nobody...": 4 wds.
66. House 'story'
68. Paul Anka song
69. Good: French
70. Sierra __
71. The Windsors watch horses race here
72. Heart singer Ms. Wilson
73. Cow milking area
74. Beamed
75. Susan of "The Partridge Family"

DOWN
1. Shroud of __
2. Winning by a point: 2 wds.
3. Twenty: French
4. Akin
5. Nursemaid
6. Prefix to 'morphosis'
7. Dress diligently
8. EDM instrument
9. Spain palace attraction, __ of Seville
10. Ginger Spice
11. Skills
12. Cheering prop half
13. Chem. ending
21. "Legally Blonde" (2001) star ...her initials-sharers
22. The Pacific __
26. 'Mechanical Resonance' band
27. Counted sheep
29. WKRP employee
30. Over-fed = __ lot
32. Light beam
33. Recipe measurements, e.g.
34. Outlandish
35. Canadian actor Bruce in Madonna movie "Swept Away" (2002)
37. Texas tea
38. Vintage models of Jags
41. NHL official
43. Tip to 'date' (Get rusty)
46. One adhering on-a-roll sheets to walls
48. Shake
51. Roll
53. "Don't think so."
56. King with a golden touch
57. People in "Witness" (1985)
59. "That mistake is all mine.": 2 wds.
60. 1950s crooner Pat
61. Cheerful
63. Fine-tune
64. Texas city
65. Aware of the surprise: 2 wds.
66. Bug of winter
67. Showed the way

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A friend will surprise you today. Alternatively, you might meet someone new who is a real character. Even your relations with clubs, groups and organizations will be unpredictable.

Taurus April 21 - May 21
Something might suddenly throw you into the spotlight today, because people notice you. Perhaps a discussion with a boss ultimately will give you more freedom.

Gemini May 22 - June 21
Unexpected opportunities to travel or learn something new today will fall into your lap. Stay light on your feet so that you can react fast, because your window of opportunity will be brief.

Cancer June 22 - July 23
Double-check everything to do with shared property, inheritances and bank accounts today, because something unexpected will occur. Hopefully, it will be good news. Do not be caught off guard.

Leo July 24 - Aug. 23
A discussion with a partner or close friend will be enlightening today, and you might even put a new spin on your relationship. It's possible that someone will throw you a curveball.

Virgo Aug. 24 - Sept. 23
Something different will occur during your daily work routine today. New high-tech equipment might arrive, or someone unusual might suddenly join your ranks. Be ready.

Libra Sept. 24 - Oct. 23
A surprise invitation to a social event might delight you today. Sports events will be exciting. This also is a classic day for love at first sight.

Scorpio Oct. 24 - Nov. 22
A parent might say or do something today that you least expect. Something will happen within your family or at home that is exciting. You might bring home something new and high-tech.

Sagittarius Nov. 23 - Dec. 21
Today you're full of bright and clever ideas, because you easily can think outside the box. One thing is certain: Your daily routine will change. Be prepared.

Capricorn Dec. 22 - Jan. 20
You're full of clever money-making ideas today. However, something unexpected also might affect your earnings or finances. Keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Today you feel restless and rebellious. Your freedom will be very important. This is why you have to do your own thing today.

Pisces
Feb. 20 - March 20
Something hidden might catch you off guard today, but it might make you feel liberated. This also is a classic day for secrets to be revealed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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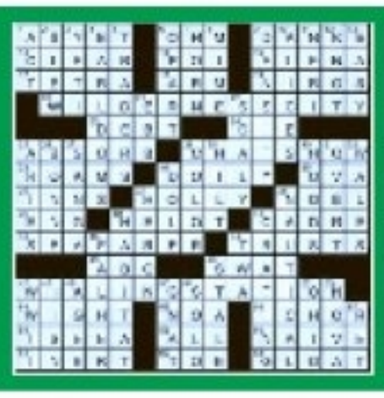

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BEECHWOOD IS NOT PUBLICLY FUNDED AND OPERATES ON A NOT-FOR-PROFIT BASIS, unique within the Ottawa community. In choosing Beechwood, you can take comfort in knowing that all funds are used for the maintenance, enhancement and preservation of this National Historic Site. That's a beautiful thing to be a part of and comforting to many.

BEECHWOOD IS ONE OF A KIND. People enjoy our botanical gardens, including our annual spring display of 35,000 tulips and our spectacular fall colours. Others come for historic tours or to pay tribute in our sections designated as Canada's National Military Cemetery and The RCMP National Memorial Cemetery. School groups visit Macoun Marsh, our unique urban wetland. Concerts are hosted in our Sacred Space. Beechwood truly is a special place.

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Brochures for a self-guided tour are available at reception.

Owned by The Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company